Staying safe during COVID-19 for people with disabilities

- Avoid crowded places
- Wash your hands regularly
- Disinfect assistive devices
- Wear a face mask
- Gather supplies of health items
- Eat healthily
- Chat with peers and friends
- Do safe exercise and stretch regularly
- Work at home if possible
- Eat healthily

Identify helpful organizations near you.
Know the contact numbers of these services, in case you need assistance.

motivation
FREEDOM THROUGH MOBILITY